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Tufts Medical Center unveils new Boston EMS station in Chinatown



(From left, fourth) Boston Councilor Bill Linehan, Bill Moy, co-moderator of the Chinatown Neighborhood Council, Mayor Thomas Menino, President and CEO of Tufts Medical Center, John Townsend, Director of Administration and Finance for the Boston Public Health Commission. (Photo by Cody Yiu)

By Cody Yiu

Despite the blazing afternoon sun on July 15, dozens of Chinatown residents, city officials and Tufts Medical Center staff gathered at a small alleyway in Chinatown. It was the dedication ceremony for a new Boston EMS Ambulance Station located at 25 Harvard Street. Boston Mayor Thomas M. Menino and Ellen Zane, President and CEO of Tufts Medical Center, kicked off the dedication ceremony along with Boston Councilor Bill Line-

han, Boston EMS Chief James Hooley and a former member of the Chinatown Safety Council; John Townsend, Director of Administration and Finance for the Boston Public Health Commission, and Bill Moy, co-moderator of the Chinatown Neighborhood Council.

This ambulance station enables the City to permanently locate two more ambulances in a dense area near downtown Boston as well as providing accessible and immediate emergency medical services to the China-

town community and surrounding neighborhoods. "The City is proud to partner with Tufts Medical on this great project that will help Boston EMS provide rapid, critical care for our residents," Menino said. "Tufts has demonstrated once again their dedication to their surrounding community."

Boston EMS employs over 350 EMTs and Paramedics who respond to an average of 300 emergencies each day, and more than 100,000 each year. With one of the busiest services in the country, Boston EMS will utilize this new station to help alleviate the heavy load downtown.

The new station will make shift changes more efficient and cut down the time ambulances currently spend going to Brighton to re-fuel and re-stock medical supplies. By operating more efficiently, the new EMS ambulance station will help yield savings to the City of Boston in fuel and time, while benefiting the community by reducing emissions from idling.

In his address, Moy said the new station is a product of friends. The Mayor, Tufts Medical Center and Boston EMS had worked tirelessly over the year to make this new ambulance, which will greatly benefit the China-

SEE EMS, PAGE 3

Chinatown Main Street Festival stays crowded even after rain showers



A lion dance inaugurated the Festival. (Photo by Michael Chen)

The Chinatown Main Street Festival drew crowds from all ages on Tyler, Harrison, Beach, and Hudson Streets on July 11th. The Festival's attractions, including cultural dance, martial arts, and singing performances, drew many attendees who filled the stage area cheering during the program. Vendors selling everything from baked goods to violins lined the streets as well as representatives from local health and community organizations. Even though some hard rain disrupted the performances during

the early afternoon, attendees gathered in solidarity under the Chinatown gate and under tents and waited for the festival to continue.

Randy Sneed, who spent ten years in China as a singer, performed at the festival. "I perform songs in Mandarin and Cantonese at weddings," Sneed said.

Mayor Menino made opening comments at the Chinatown Main Street festival. According to Mayor Menino on the Chinatown Main Street website, "As Chinatown undergoes one of the most impressive transformations in the entire city, the Chinatown Main Streets program continues to create many unique ways to help support and promote the neighborhood's commercial districts. I want to congratulate the merchants, residents and civic leaders whose collaborative efforts have been instrumental in Chinatown Main Streets' accomplishments so far. Their sustained support will make Chinatown an even better place in which to live, work and conduct business."

Natalie Ornell is a Sampan correspondent.

State Representative Aaron Michlewitz talks to Chinatown Coalition



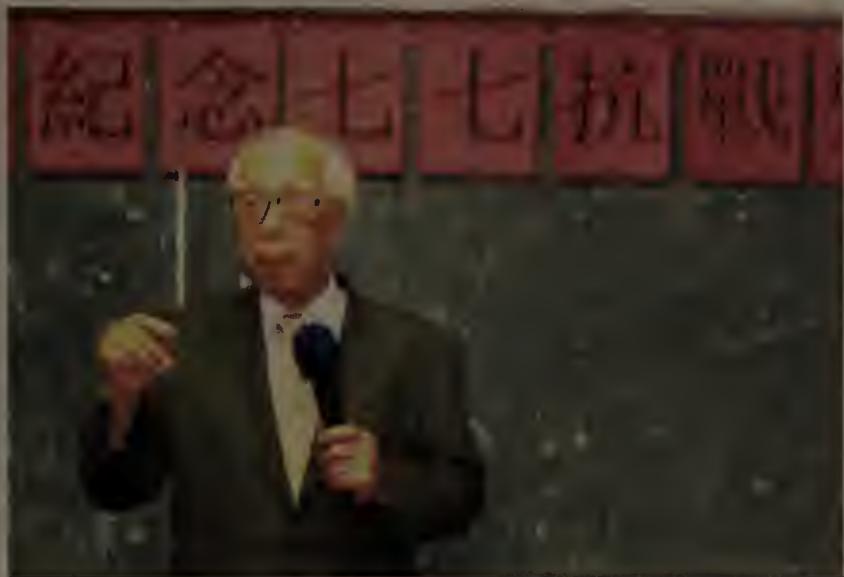
State Representative Aaron Michlewitz discussed his term as a representative. (Photo by Keehow Ng)

By Natalie Ornell

The Chinatown Coalition spoke with State Representative Aaron Michlewitz on his one year anniversary of being sworn in about the Green Ticket bill, the Casino bill, and bilingual ballots on July 8th. Michlewitz discussed his term as a representative and explained his support for the immigrant community followed by questions and answers from those present.

Michlewitz, who represents ten neighborhoods from the North End to Roxbury and Chinatown, said, "It's been an interesting year. We did a major Education reform bill in January which will shape Boston Public

榮光聯誼會紀念七七抗戰暨九三軍人節慶祝大會



參與諾曼底登陸戰的華裔美軍黃君裕老英雄。(黃奇浩攝)

【本報記者黃奇浩報導】居住在波士頓的臺灣老兵組織榮光聯誼會7月10日(週六)上午於中華公所舉行「紀念七七抗戰暨九三軍人節慶祝大會」。在唱民國國歌和默哀15秒鐘之後，理事長殷尚堅致詞，他表示發生在中國上個世紀的八年抗日戰爭是一場神聖的衛國戰爭，在這場反法西斯的偉大戰爭中，有超過七位數的陣亡者，他們都是英勇的衛國戰士，值得後人紀念敬仰，只有通過紀念活動，才能還原和了解歷史的真正面目。

臺灣經濟文化處處長洪慧珠女士和僑教文化中心主任黃正傑博士也先後發言，他們一致感謝僑

胞和榮光會幹部為追思先烈做出的努力，讓我們知道居安思危，了解和平歲月得來不易。

大會還特地邀請當年參與諾曼底戰役的二戰老兵黃君裕老英雄親臨講述當年慘烈血腥的登陸戰爭。黃君裕當年為了反擊法西斯，加入美軍，被派往前線，在著名的諾曼底登陸戰中，他奮不顧身，英勇殺敵，他編屬的一個班都陣亡了，僅剩他一人，整編後，他又強攻堡壘，成為D日第一批攻破敵軍陣地的英雄。

黃老英雄今年已經86歲，但他仍然精神奕奕，雙目炯炯有神，他還透露當年從軍的一些軼

(反面中文第二版續)

this sentiment."

"My Jewish father came from Germany at three years old when the family was getting away from remnants of Nazi Germany and coming to America for a new life and start. They were given such opportunity that their grandson got the opportunity to run for State Representative in the North End. It's become such a hot button issue and sad situation. There is a viewpoint in this country that doesn't see it in this light. It's hard to get people to see that. I wish it was an easier fight than it should be. It's an issue that I'd like to champion."

Michlewitz said he voted in favor of the Casino Bill. "I voted in favor. What really hit home to me was when the Mayor was approaching closing libraries. We're really in a revenue crisis that's not short term; it's long term. You have people who are gambling anyways. You can go to a Celtics game and play the lottery, you can gamble on your phone; we can't avoid it anymore. We're having boat-

"Keeping our streets clean is the toughest job the city has. Besides collecting revenue it was a way to enforce trash rules. That was one common theme in all ten neighborhoods. Something I was really proud of. Another one of those is bilingual ballots. That is my priority for the rest of the session. I'm working my tail off to get that through. I'm working hard on it and hope it will be successful at the end of the session," said Michlewitz.

Michlewitz' hope is "getting bilingual ballots done before July 31st." He also said that some people will see it negatively as an "immigration friendly bill" and that he doesn't "understand where this mentality has come from, promising to "fight against

SEE COALITION, PAGE 3

Comic

ah-Lin!

by Lillian Chan



6-18-10

for more ah-Lin!, check out www.lillianchan.com

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Announcements**AUGUST MOON FESTIVALS**

Chinatown Main Street presents August Moon Festival

When: Sunday, August 15, 10am-5pm

Where: Chinatown MBTA Accessible (Orange Line to Chinatown, Green Line to Boylston)

Boston's Chinatown stages one of its largest events, the August Moon Festival, held around the Chinatown Gateway arch on Harrison Avenue. The celebration is traditionally a time for people to gather for moon-watching parties, with children carrying brightly coloured lanterns.

According to legend, in 1368 the Chinese overthrew the Mongol Yuan dynasty with the help of messages hidden in moon-cakes. These tasty disc-shaped flaky pastries, filled with sweetened bean-paste and marked on top with the symbol of the baker, have thus become the food most associated with the August Moon, or Mid-Autumn Festival. Free admission.

For more information, please call 617.350.6303 or email coutho@gmail.com.

Quincy Asian Resources Inc. presents 22nd Annual Quincy August Moon Festival

When: Sunday, August 22nd,

11am-5pm
Where: 1400-1600 Hancock Street, Quincy Center, MA 02169.

MBTA Accessible (Red Line to Quincy Center)

A fun-filled festival with entertainment and activities and over 10,000 in attendance. This year's event will feature a cultural area with art demos, kite making, and other activities. There will also be traditional and modern Asian music and dance performances, and a children's area with games and crafts. Local restaurants will serve various types of Asian and American cuisine, and more than a hundred vendors with giveaway gifts will participate. The festival is free, MBTA accessible, and free public parking is available, so come join us for a day of fun!

More information is available on www.quincyanasianresources.org or call at 617-472-2200.

CHINATOWN**Talk on school violence**

Fighting Anti-Asian School Violence: The Philadelphia Story Saturday, July 24, 2010 3:00-5:00 pm

Boston Chinatown Neighborhood Center, 38 Ash St., Boston, MA. (off Oak St., between Washington St. & Harrison Ave.)

After dozens of Asian American students were beaten at South Philadelphia High School last December,

the struggle for justice and reform continues.

Find out what's happening in fighting the Philadelphia Schools administration to protect its students. Hear how their story may be part of larger issues of violence against Asian American students.

Sponsors:

Asian/Pacific Islander Movement, Institute for Asian American Studies,

Boston Chinatown Neighborhood Center, A-WAY Youth Collaborative, Massachusetts Asian American Educators Association, Asian American Resource Workshop

BCNC Swim Team rose to the challenge at regional swim meet

Three Boston Chinatown Neighborhood Center (BCNC) Swim Team members, Gwen Liu, Ethan Liu and Kevin Zhang, achieved personal best times at the USA Swimming New England Regional Swim Meet, at MIT. All three rose to the challenge of competing in this 50 meter Olympic-size venue, which is double the size of the BCNC pool.

Kevin Zhang improved his 50 meter freestyle personal best by 1 second. Ethan Liu's performance included placing 3rd in the boy's 8-under 50 meter backstroke. Not to be out-done by her twin brother, Gwen Liu captured 2nd place in the girl's 8-under

100 meter breaststroke and 2nd in girl's 8-under 100m butterfly. Gwen & Ethan's strong swimming placed them both in the Top 16 for 8-under swimmers in New England: Ethan 13th - 50m Breaststroke, 15th - 100m Backstroke; Gwen 5th - 100m Breaststroke, 6th - 100m Butterfly, and 15th - 50m Breaststroke.

Chinatown Master Plan 2010: Community Vision for the Future Gallery Exhibit

The Chinatown Master Plan 2010 in collaboration with the Chinese Progressive Association's Wong/Yee Memorial Gallery is hosting an exhibit on the Chinatown Master Plan 2010: Community Vision for the Future Exhibit. An opening reception will be held on Friday, July 23 5pm-7pm at 1 Nassau Street, Boston. Admission is free.

BOSTON**Martial arts class at the Boston Center for Adult Education (BCAE)**

The Boston Martial Arts Academy (BMAA) is a day-long workshop held for martial arts enthusiasts, practitioners, or simply those wishing to learn more about the many styles and systems available. Open to students of all levels, the academy is designed to provide information and technique sharing between

SAMPA

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READ E-SAMPAN
www.sampan.org

the many diverse martial arts systems and their respective cultures. The academy is comprised of both classroom lectures and

SEE ANNOUNCEMENTS,
PAGE 3**WILLIAM RAVEIS****REAL ESTATE • MORTGAGE • INSURANCE**

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Chinatown News

EMS, CONTINUED FROM PAGE 1

town community, possible.

"This ambulance station will not only help us improve the way we serve the surrounding neighborhoods, but will benefit all residents and visitors of Boston. This station also provides a respite for the dedicated staff who respond to these high volume areas," EMS Chief Hooley said. "I'd like to thank Tufts once again for all their efforts to make this station a reality."

The new EMS Ambulance station, 25 Harvard Street, is a formerly unused loading dock belonging to Tufts Medical Center. The station provides an enclosed parking area for two ambulances as well as a rest area and locker-room space for the EMS technicians that will be available 24



Many Chinatown residents attended the ribbon-cutting ceremony in showing their support for the new EMS station. (Photo by Cody Yiu)

hours a day, 7 days a week. The ambulances will not sound sirens as they leave the station, and will take all necessary precautions to ensure safe operation by accounting for pedestrian and automotive traffic in the area. "Tufts Medical Center is honored to play a role in this important contribution to the health and well-being of the City and the lo-

cal community," Zane said. "We look forward to helping provide even better emergency health care and access to the community." Zane also gave special thanks to Sherry Dong, Director of Community Health Programs at Tufts Medical Center, for her continuous outreach efforts on this project.

ANNOUNCEMENTS, CONTINUED FROM PAGE 2

hands-on demonstration classes. Taught by qualified masters in the field of martial arts, this year's style line up will feature lectures and technique classes in: Karate (Japanese Style), Krav Maga (Israeli Style), Capoeira (Brazilian Style), Tae Kwon Do (Korean Style), Kung Fu (Chinese Style), Jiu-Jitsu (Brazilian Style), Aikido (Japanese Style) and Tai Chi (Chinese Style). All students are required to take a minimum of 6 classes to graduate and receive their certification at closing ceremonies. WHERE: Boston Center for Adult Education, 122 Arlington Street, Boston

MA, 02116

WHEN:

Saturday, August 28, 2010 from 9:00AM - 5:00PM

COST:

Tuition: \$199.00
(includes a BMAA certificate and T-shirt)

RSVP:
Registration is now open and will officially close on August 21, 2010. To register for the Boston

COALITION, CONTINUED FROM PAGE 1

loads of people going to other states and then coming back providing us with the social costs making us spend our money on their gambling addiction."

Concerns from attendees at the TCC meeting included the dramatic cut in funding for gambling addiction treatment programs as well as the need to instate gambling addiction prevention programs.

A-WAY (Allies with Asian American Youth) Representatives Shawn Ta and Vicky Yue presented at the TCC meeting discussing a Boston Capacity Grant made available to community-based and faith-based organizations. Ta said that A-WAY applied for an extensive technical assistance grant and they are currently evaluating their mission for the future so they can effectively reach out to the youth in Chinatown. He said his organization is currently in the strategic planning phase and that they will have developed a restructured mission statement at the end of last week's retreat. A-WAY is also coordinating summer workshops on Asian American history, identity, oppression and activism in the community.

Debbie Ho of Chinatown Main Street concluded the meet-

ing. Ho said that the Chinatown Main Street program is a "bridge to this community" keeping streets and storefronts clean.

Deputy Director of AACA Sunny Schwartz noted in the meeting that Tyler Street in particular needs to be given more attention.

"Tyler Street is horrible. The trash put out is not in cans. It's horrendous. We've tried to call. Why aren't the buildings being fined? I feel like they're missing part of Chinatown," said Schwartz.

Ho said that Chinatown Main Street wants to create "a big welcome sign hopefully with businesses that is two-sided that will go in the Phillips Square area."

Kye Liang of the Chinatown Gateway Coalition pointed out that the Tufts Medical Center maps near the Orange Line ignore Chinatown on the map and push people towards cultural districts.

"The map doesn't mention South Cove, businesses, or the Chinese schools. It needs to be brought to attention of the MBTA that a whole neighborhood exists," said Liang.

The next TCC meeting will take place on the second Thursday in September.

Natalie Ornell is a Sampan correspondent.

that encourage teamwork and the use of advanced digital media to develop solutions to community challenges, and a final project showcase.

WHO:

- 250 youth and their mentors from 19 countries
- Museum of Science, Boston and Intel spokespeople

WHAT:

- A biennial event that brings together the members of the Intel Computer Clubhouse Network, an organization which provides a creative out-of-school learning environment where young people from underserved communities around the world work with adult mentors to explore their own ideas, build confidence, develop 21st century skills, and find pathways to success through the use of technology.

- Youth will showcase projects from their local Clubhouses, which include documentaries, digital artwork, 3D animations, robotics and music videos.

WHEN & WHERE:

- Project Fair**
- Tuesday, July 27
 - 8:00-10:00pm
 - Northeastern University, Curry Student Center

College and Career Fair

- Wednesday, July 28
- 7:00-9:30pm
- Museum of Science, Boston

Mobilize, Act, Inspire! Workshop Tracks

- Friday, July 30
- 10:00am-5:00pm
- Northeastern University, Curry Student Center

Final Project Showcase

- Sunday, August 1
- 11:00am-1:00pm
- Northeastern University, Curry Student Center

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**Chronic Disease Self-Management Project Coordinator**

The Project Coordinator provides leadership for the citywide Chronic Disease Self-Management Program (CDSMP) including coordination of partner outreach and marketing planning, leader training, development of a citywide work plan, establishment of a local network delivery system, management of budgets and contracts, and submission of required reports. S/he participates in the statewide strategic planning process and works with local CDSMP partners to assure implementation of their work plans and achievement of target numbers.

QUALIFICATIONS: 4 years of exp., at least 1 year in a supervisory capacity, with major duties of program management, administration, coordination, planning and/or program analysis **OR** a BA and 2 years experience **OR** a graduate degree in business admin, business management or public administration and 1 year of experience.

Knowledge of evidence-based programs & issues concerning older adults. Strong organizational, written, and verbal communication skills. Experience in health care, aging services, nutrition, health education or similar field. Ability to market & reach out to diverse groups of people & agencies. Experience with training & presentations. Some travel within MA required.

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Chinatown News Tufts Medical Center and AACA celebrate workplace education

By Gillian Burleson

On June 30th, Tufts Medical Center was once again the site of an end of year celebration. This occasion was the celebration of the completion of a 3-year grant from the state funding workplace education classes. The hospital has been partnering with the Asian American Civic Association (AACA) which was the education provider for this program.

Present at this event were Ellen Zane, CEO of Tufts Medical Center; Margaret Vosburgh, COO of Tufts Medical Center; Paul Hefner, the VP of Human Resources at Tufts Medical Center; Scott Kelley from the Massachusetts Department of Elementary and Secondary Education's Adult and Community



Students and instructor from AM ESOL class. (Photo courtesy of Gillian Burleson)



Students from Monday/Wednesday ESOL Class. (Photo courtesy of Gillian Burleson)

Learning Services department, the funders for this program for the past three years; Chau-ming Lee, Executive Director of AACA; and many other employees of Tufts

Medical Center as well as the students who participated in the classes and the teachers who taught them. These classes included three beginning and intermediate level ESOL classes and one pre-GED class for entry-level employees of

the hospital. The classes have been running since September, 2007, and have served over 60 Tufts Medical Center employees during the past 3 years.

The goal of the late afternoon and early evening High Intermediate ESOL classes is to help students improve their reading, writing, speaking, listening and critical thinking skills so they can be successful in college, skills training, enter an alternative high school diploma or GED program if they did not finish high school in their native country, or advance

in an American job. This class was created for students who cannot study in the morning.

We are happy to report that Tufts Medical Center has committed to continuing the ESOL classes under their own funding in the coming year. The partnership between Tufts Medical Center and AACA has been an increasingly fruitful one, and promises to continue in the years to come.

Gillian Burleson is the Adult Education Coordinator at AACA.



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EOE

Health

According to the Centers for Disease Control (CDC), America's children need to get moving. A recent National Health and Nutrition Examination Survey (NHANES) of the last 30 years found that among children ages 2 to 5, obesity has doubled, while among 6- to 11-year-olds, it has tripled.

Obesity can have a negative impact on health. Young people who are obese are at a higher risk for cardiovascular disease, high blood pressure, high cholesterol and type 2 diabetes.

That's why it is so important to encourage children to participate in physical activity. However, when children choose a sport, it's important to equip them with sport-specific shoes.

"Selecting the correct shoe for a child's activity and foot type can go a long way in preventing many foot-related injuries," said

Dr. Kathleen Stone, president of the American Podiatric Medical Association (APMA).

Here are a few facts you can use to shop for sport-specific shoes:

- If your child likes to shoot hoops. Give children a shoe that both helps them perfect their basketball-handling skills and prevents injury.

A child's basketball shoe should:

- Have a thick, stiff sole that helps give support while a child is running and landing from jumps to the basket.

- Incorporate high ankle construction that supports the ankle during quick changes in direction. A good basketball shoe should have the strongest support on either side of the ankle.

- If your child is an ace on the tennis court.

A court shoe should:

- Support both sides of the foot, due to the

quick lateral movements and weight shifts in court sports.

- Provide a flexible sole for fast changes of direction.

- If your child likes to run. Choose a shoe that:

- Provides maximum shock absorption to help runners avoid ailments such as shin splints and knee pain.

- Controls the way your child's heel strikes the ground, so the rest of the foot can fall correctly.

- Whatever the game, stock up on the right socks. The right athletic sock should be made of a natural/synthetic blend as this helps wick away moisture, and it shouldn't contain any large seams that can cause blisters.

Article funded through the Asian Health Initiative of Tufts Medical Center

Tufts Medical Center

Youth

By Angela Cheung

If you're a girl who loves to be at the forefront of summer fashion, this article is for you! You'll know what to wear so you don't look like a total goofball on your next date. If you disagree with me, please keep your opinions to yourself. Everyone should know: trends are seasonal. Nails, clothes, shoes, body spray, perfume, and hairstyles all follow trends. If you look around you, everyone adheres to seasonal fashion paradigms to some extent. For example in winter we wear big jackets with fur on the hoodie or long coats. But when summer comes, everyone puts away their winter coats in their closets and take out their thin cardigans or other light clothing.

Some popular nail colors for this summer are mint green, light blue, hot pink, light pink, and bright neon colors. If you watch YouTube, you'll see all the popular YouTube beauty gurus wearing these colors for their summer outfit looks of the day. Summer is all about wearing bright colors. These colors will complement and match any outfit you pair it with. French manicures are an elegant favorite for any season. The glossy pink nail with white tip at the top looks professional for job interviews and other formal situations. Make sure there are no streaks when you paint your nails!

Nail polishes can be bought at any drugstore near you. You can also find it in stores such as Mac Cosmetics, Sephora, and Sally's Beauty Sup-

Summer trends for girls



ply store. There are many stores that I did not list, so go out, look around, and have an adventure! I would personally recommend that you buy nail polish at Sally's Beauty Supply store because they have a large variety of colors in all shades and are cheaper than the ones at Mac Cosmetics and Sephora. Mac Cosmetics and Sephora's prices range from 9-15 dollars for one, while Sally's Beauty Supply store costs about 4-5 dollars for one. One experience I do not like about Sephora's nail polishes are that they tend to streak for me. If it does not streak for you then that's great!

Let's talk about what kinds of shoes and clothes are best for summer! Cute wedges, flats, sky high heels would go great with dresses. Cool gladiator sandals and flip flops would look good with a tank-top and shorts, skirts, or capris. Converse and other sneaker type shoes are okay to wear, only if you are planning to go hiking or jogging. Other than those two shoes, please try to avoid wearing them. Since summers in New England get super hot and often humid, shorts are a major need inside everyone's closets. Shorts look cute with belts, and brown and white are some great colors for the season. Brown is considered to be a rich, warm color for summer and white is so versa-

tile it can be matched with anything you wear.

Once you have your clothes, a girl also needs her own lovable scent. Any fruity or floral body spray or perfume is a delicious reminder of summer. Victoria's Secret sells a wide array of these fruity sweet to floral scents. My top pick summer perfume would be the new 2010 Chanel Chance Eau Tendre. One spray will last all day leaving you smelling young and hip with a fruity trail.

One of the best (and certainly most popular) hairstyles for summer is the beach wave, maybe worn in a sporty ponytail. Beach waves are not only hot and sexy, but they also make you look like you're ready to hit the beach! A simple tied up ponytail with side swept bangs are great in the sweltering heat. For working women in a more professional environment, a slicked back ponytail is both class and efficient. Lastly put on a sparkly headband with a cute bow. This little accessory is bound to turn heads!

I hope my tips helped some of you girls out! These are great tips to help give ideas on what to wear during summer from head to toe. Remember: summers are all about bright colors! You'll all look ready for summer if you stick to my tips. Thanks for reading!

Feature

Former NECO President Elizabeth Chen reflects on Chinatown and career success

By Natalie Ornell

Elizabeth Chen, a former President of the New England College of Optometry (NECO), spoke about her roots in Chinatown and the challenges and rewards she has found on her path to success in a *Sampan* interview.

In June, a classroom in one of NECO's historic buildings on Beacon Street in Back Bay was named in honor of Chen by the trustees of the college. Chen is both the first woman and the first Asian American to have served as the head of an optometry school in the United States. The committee thanked her for leading the institution "always with the highest of ethical standards; for her gifts as a major donor; and for her service as a fellow Trustee," according to NECO's current president Clifford Scott in a public message. Scott also noted that under Ms. Chen's leadership, NECO was awarded \$3 million in the school's first industry-sponsored research program, and participation in the annual fund nearly doubled.

Chen does not, however, forget her experiences as a new immigrant to the United States, emigrating with her parents and siblings at age seven and living in Castle Square as the youngest of five children. She attended the old Quincy School on Tyler Street several decades ago. She remembers Chinatown as an "incredibly supportive community" and said, "It was like living in a village. You know the families in Chinatown. People look out for each other. You walk around and people say: 'I saw your father and mother the other day.' You walk to school with



Elizabeth Chen is both the first woman and the first Asian American to have served as the head of an optometry school in the United States. (Photo courtesy of Elizabeth Chen)

neighbors. Other kids' parents are teachers and nurses in the school so it had this supportive feel to it."

Chen's ambition emerged at a young age when she even checked off that she would like to attend the boys' Boston Latin school right before it became co-educational because she felt it was "the best available."

She recalled her middle school experience during the bussing era in Boston and her desire to attend a great high school. "I was bussed to the North End. We had parents throwing rocks at the school. My first year was in middle school at the Michelangelo School in the North End. It was a huge school. I then took the test for the Boston Latin School; I was in one of the first co-ed classes. At the time the boys' Latin school was viewed to have a higher academic standard than the girls' so I remember checking off the box. My first

choice was the boys' Latin School. It was the best available."

Chen emphasized that in life you should always "do your absolute best wherever you are."

"Whatever job you do, do [it] thoroughly and

completely and to the best of your abilities. Things will take care of themselves. If your primary job is to take care of children, do it to the best of your ability. If it's housekeeping, do your best. There are many people who work in restaurants. I think restaurants function very well in Chinatown; this is really everyone doing their best."

Chen hopes that Chinatown will continue to be the supportive environment it was for her; "a place where you can get the resources you need as a new immigrant and make a better life for yourself as new immigrants."

She attributes her success to her family and noted that there was never a question that her family came to United States for better opportunities. As the youngest child, she spent the most time in the educational system and felt that her family "always supported her success."

"My parents and my sister would reorient their lives to support my educational success whether it was to buy me a typewriter or to send me to

tutoring classes, or to send me to a summer in Germany when I was a junior in high school. They always found ways to do that by giving something up. I remember my older sisters tutoring me, and my older sister Donna driving me to school," said Chen.

Chen, who earned degrees from both Yale and the Wharton School of the University of Pennsylvania, described her experiences as an Asian American woman in the workforce among the first generation of women graduating from business schools who were comparably educated to men and how this impacted her both positively and negatively.

"It's been challenging at times. But it's also been positive at other times. I remember going to an investor meeting when I was in biotech and you raise money and try to differentiate yourself and try to make yourself noticed by people who have money like venture capitalists. If you're the only Asian woman in the room, it's pretty easy for people to remember you as the only Asian woman in the room in a sea of white males. If you're the only female in the room and you're Asian people remember you."

She added that culture sometimes made things challenging.

"I grew up in a Chinese way in a Chinese family. That is different from people who grow up in an American family with different values, and so when you're a minority you're trying to figure out how the two Venn diagrams fit. I try to find parts of me that would fit into the majori-

ty culture and develop links. I try to find where that is. The burden is on the minority to find the way into culture."

Chen said that she sometimes wasn't sure why she did well in some jobs and not in others and said that it is "the culture of being Chinese and the way we conduct ourselves; we don't tend to self-promote and that can get in the way."

Although managing a demanding career along with a family and child is a challenge according to Chen, she said that she "loved being in bio-tech" and "loves the energy that's in biotech", emphasizing "the rewarding feeling" she has knowing that she is "impacting 85,000 patients per year" and the feeling at graduation when you "stand before the hundreds of students and you think: wow, we're graduating them and they're doctors."

Chen has also been the CEO of two biotechnology companies in New England and serves on the Board of the Boston Plan for Excellence and on the Statutory Advisory Board of the Massachusetts Commission for the Blind. She has been on a sabbatical since September of 2009 to research the unintended bias that may result in a patient-provider relationship in the context of racial concordance; in other words, what can happen when a patient and a provider are of the same or different races. Chen will return to NECO as an adjunct professor this month.

Natalie Ornell is a *Sampan* correspondent.

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華埠新聞

【本報記者岑家賢報道】華埠嘉年華是一個美國華人傳統的節日，嘉年華每年都在暑假期間舉行。今年的華埠嘉年華在7月11日，90度的盛夏展開。炎熱的天氣未能影響華僑們參與嘉年華的興奮心情。還沒到上午11時，華埠主街已人山人海，各類攤位已準備就緒，遊客也迫不及待的四處遊弋。

嘉年華當日，在華埠牌坊旁，一衆華埠主街的領導及部分員工聚集一起，首先進行演講，再以中國傳統舞獅來慶祝嘉年華的順利展開。舞獅由黃氏宗親會青年組負責，隨著鑼鼓聲的響起，華埠嘉年華裡琳琅滿目的攤位逐漸被人群淹沒。走進牌坊，在沒多遠處就看見很



台灣佛教買台灣食品與書籍為教會籌款。(Michael Chen 摄)

多宗教的宣傳攤位，中華傳統食物的攤位，亞洲盆景的攤位，和許多商業宣傳的攤位。其中台灣佛教 (Taiwan Buddhist Tzu Chi) 以賣台灣食品，和書籍為台灣佛教籌款。該攤位的工作人員都穿上深藍色的制服，顯得格外乾淨且整潔。離該攤位不遠

處是亞洲盆景的攤位，華人都愛在家裡擺上幾盆盆栽，即好看又使室內空氣清新。但在嘉年華裡的盆栽都不便宜，大多都在30美金左右，但遊客們卻都很開心的把心儀的盆栽買下。興奮的心情完全沒有因價錢而掃興。

走進橫街，有中國傳統玉器和佛像擺設的攤位，

塔芙茨醫療中心緊急醫療救護站座落華埠

波士頓市與塔芙茨醫療中心聯手新開設一家緊急醫療救護站。該救護站座落在華埠區域內，配備有兩部救護車，可為人口稠密的華埠及周邊社區有效提供緊急救護服務。波士頓市長萬寧路，塔芙茨總裁兼首席執行官Ellen Zane為急救站開幕剪綵。其他出席剪綵儀式的人員有波士頓緊急救護服務主席James Hooley，波士頓公眾衛生部主任John Townsend，華埠南灣社區議會及華埠治安會共同主席陳灼鑑，以及市議員Bill Linehan。

市長萬寧路致辭道：「波士頓市很榮幸能與塔芙茨醫療中心攜手合作為波士頓居民提供迅速、專業的緊急救護服務。塔芙茨醫療中心在此顯示出對社區醫療服務的極大關懷」。

波士頓市的緊急醫療救護服務擁有工作人員350名，平均每天接受300多宗急救案例。新建於華埠的這個緊急救護站可極大增強急救的機動性，縮短救護車往返奔波時間，並且節約汽油燃料。

緊急醫療救護服務主席Hooley再次向塔芙茨醫療中心表示感謝，並強調該救護站的建立不僅改善了該地區提供緊急救護的方式，而且確實方便了眾多地區居民及廣大流動人口。

該新建救護站的救護車泊位位於25號哈佛街，早先屬於塔芙茨醫療中心鮮有使用的卸貨口。這塊地盤現在用來停泊兩部救護車，搭建一間救護人員休息室及一間更衣室。救護人員會在這裏實行全天全年不停歇值班。救護車上配備的救護用品用量是按照交通狀況佔測行駛時間而計算、配置起來的。

塔芙茨醫療中



塔芙茨醫療中心與波士頓緊急醫療服務處7月15日在華埠舉行新建的緊急醫療服務站落成啟用。中為市長萬寧路。

心總裁兼首席執行官Ellen Zane最後致謝道：「塔芙茨醫療中心能夠為當地

居民提供醫療服務深感榮幸。我們期盼我們的緊急救護工作能夠深入社區，

有所作為」。(許可譯)

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專題特寫

昆市一從總統市到亞裔首選居住地

作者：胡明

眾所周知，昆市是美國歷史名城，之所以出名是因為這座位于美國發源地波士頓東南的小城誕生了美國歷史上的兩位總統，也是美國歷史上第一對父子總統。兩位亞當斯總統，父親約翰·亞當斯和兒子約翰·昆西·亞當斯在這裡出生，死後也都葬在了這裡。昆市有許多歷史遺跡，是個只有10萬人口的小城。近些年來，由於它優越的地理位置、便利的交通設施、方便的購物環境漸漸成為亞裔移民的首選居住地。

從昆市駕車只要10至15分鐘即可到達波士頓商業中心。這是很多人選擇住在昆市的原因之一。再加上昆市的公共交通系

統非常便利，乘紅線地鐵也只需15分鐘就能到達波士頓，另外還有很多公交車線路為居民出行提供方便。因此，吸引著新移民源源不斷的來這裡定居。由於新移民對各方面情況都不熟悉，收入亦非常有限，自己駕車無形中增加了經濟負擔，所以便利的公共交通無疑為他們提供了不少有利條件。還有一些在美國居住了很久的亞裔老年人，自己駕車對他們來說並不現實，而從家步行只要幾分鐘就能乘坐紅線地鐵，可以讓他們更多的外出、參加社會活動及購物。因此很多老年移民也喜歡住在昆市。

近些年，隨著亞裔移民的增加，許多有商業頭腦的商家開始更多的進駐昆市。越來越多的中國

食品超市、中餐館、便利店在昆市開業。在這裡很容易就可以買到中國人日常所需的各種生活用品。如蔬菜、調料、小吃和各地特產，包括中國南北方不同口味的地方特產。另外，與美國人悠閒好靜的生活方式相比，亞裔群體更熱衷於豐富多彩的夜生活，特別是年輕人。當波士頓和其他許多城市早已寂靜一片時，在昆市你仍然可以買到中國風味的夜宵，如果還不想睡，還可以到幾家卡拉OK一展歌喉。

設在昆市的湯姆士公共圖書館(Thomas Crane Public Library)為滿足居住在昆士的中國移民的需要。圖書館內單獨設有中文圖書專區，備有很多中文書，從小說、散文、

人物傳記到烹飪技巧、旅遊指南一應俱全。圖書館還會定期購進新書供讀者閱讀。館內還經常為亞裔居民舉辦系列講座，豐富居民生活。

昆市的醫療中心包括昆士醫療中心、華人醫療中心昆士中心等都提供中文翻譯服務，在昆市就醫的華人不必擔心語言障礙所帶來的問診難題。醫療中心內的翻譯人員會在病人就診時提供周到的服務，還會解答不懂英文的就診者的問題。

由於昆市漸漸成為除華埠外又一個華裔人口聚居地，因此，很多亞裔社團的辦事處也設在了昆市。為的是更方便、更快捷的了解亞裔居民的需要，同時提供更好、更全面的服

務。另外，設在昆市的移民服務中心可以為這裡的移民提供方便快捷的各項移民服務，如辦理護照、代辦簽證、護照延期等，讓居住在昆市的移民更容易得到這方面的幫助。如果想出去度假，開設在昆市的華人旅行社可以幫你找到最適合的線路，最優惠的價格。不出昆市就可以輕鬆安排好自己的假期。

每年昆市都會舉行各種慶典活動來豐富亞裔居民的業余生活。像一年一度的春節聯歡活動已經連續舉辦了21屆。每年的中秋節慶典也吸引大批居民和參觀者來到昆市。

這些充滿中國傳統色彩的慶祝活動讓華人在這裡同樣可以感受到家鄉的節日氣氛。

昆市現在被華人稱為第

一個華埠，的確這傳統的美國小城正在被融入越來越多的東方文化元素。這也正是它的特別之處。這種融合促進了中美不同族裔間的相互了解和今後的和協相處。在昆市可以享受到多元文化、多元美食、多元生活方式所帶來的快樂。

(接第四版 - 脊椎)

這些頸椎病多數是頸椎增生或骨刺，壓迫到神經，輕則麻木重則導致疼痛，如果骨刺向一邊傾斜，則導致單側麻痹或疼痛，若向兩側增生，則導致雙側麻痹或疼痛。咬合關節痛(TMJ)是經常被人們誤解為牙齒的問題，故而多次整牙，拔牙或植牙，可是TMJ疼痛依然存在。其實，問題的根源可能與牙齒毫不相干，只有消除骨刺，才是解決此問題的良方。

目前，在臨床上消骨刺的最快最安全的方法，是針灸，幾乎可以做到立杆見影。類似的問題如老人癡呆症，有人年紀輕輕卻已有記憶力衰退的現象，有的癡呆症狀已經開始，並且越來越重。我們知道，現代醫學還沒有找到真正的解決辦法，可是針灸已經可以在一個療程之內(6-10次)見到效果，有的一次即效。

高血壓的得因，分原發性和繼發性兩種，繼發性高血壓有的與頸椎有關，特別是緊張性高壓，化掉骨刺後，血壓立刻降低，以至正常。

45%的肩膀痛，與頸椎偏移或骨刺有關，另外，50%的眼睛痛，及耳鳴，90%的單側面部麻木，手指或手臂麻木，都與骨刺有關。

怎樣預防頸椎病

1、嚴防頭、頸、肩的外傷糾正生活中的不良姿勢，防止慢性損傷，合理用枕。

2、預防慢性勞損。選擇合適的桌椅。避免頭頸部過度後仰或過度前傾前屈。

3. 不要只是側向一邊睡覺，兩邊交替或仰臥。

4、伏案工作超過2小時，應做一次頸部放鬆或保健操。以舒緩僵硬，改善迴圈。

5、避免冷風直吹頸肩部，以免肌痙攣導致頸椎失穩而誘發頸椎疾病。

6、養成良好的生活習慣，不要酗酒、長時間打牌、玩遊戲等。

7、枕頭的選擇：①最好選用蕎麥皮、木棉、小米糠填充的枕頭。②枕頭高度為自身的一拳高為宜。③睡眠時從頭至肩將頸部墊實。

8、經常做頸部保健操，轉頭或“仙鶴點水”。

買車記

下來還會問你：你要不要試開看看呢？大部分的業務都會跟著你一起試開。遇到比較忙的業務代表就不會。這時你愛怎麼開，就怎麼開。

接下來，體驗完了心目中的各種車款後，就開始詢價。在網路上先詢價...看是新車還是二手車都一樣...網路上，有各種資訊，相當的公開。如 <http://www.edmunds.com/> 就可以查到許多鄰近地區的車價...並可以研讀網上的買賣經驗！當然查完就大約知道自己應該抓多少預算來買到心目中的那台車了。

有車一族

成為有車一族後，兩位被訪同學都承認，買車之後確是帶來了不少方便，也讓生活空間更廣闊、內容更豐富了，但對美國交通規則的不熟悉也讓他們鬧了不少笑話，吃了不少苦。

李杰辦完過戶手續，把車開回家的第三天就遇到了來波士頓之後的第一場大雪，下了整整三天，積雪沒過了膝蓋。李杰把車小心翼翼的從超市開回家之後，就和鄰居們的車一起停在了路北側。

第二天被朋友的電話驚醒，被告知看見他的車被拖走了。打電話詢問才知道，原來按法律規定，每逢奇數年車輛在雪天停在路北側，偶數年停在路南側方便掃雪車清掃。去年是2008年，恰逢偶數年，車應該停放在路南側，對交通規則的不了解使李杰剛買三天的車和其他鄰居的車都被拖走了。無奈雪下得太大，李杰想在家等雪停了再去取車。三天後鄰居告訴他如果不去取的話，每天會收取30美元的寄存費。得知消息之後，李杰急忙和女友奔出門去取車。

下午五點的波士頓已是繁星滿天，在沒膝的積雪中蹣跚前行到三邁之外。美國的汽車業務會問你，你喜歡什麼顏色的車，要開哪個型號，有什麼配備的：有無天窗，導航系統，皮椅還是普通椅？然後問完後，就領著你到你要的那台車面前，除了讓你坐在裡頭跟你仔細介紹功能外，接

的地方取車，到了停車場發現，整輛車已被雪蓋的嚴嚴實實，沒有手套，沒有工具，李杰就用車裡的一把小刷子一點一點把自己的車從雪裡“挖”了出來，又交了124元的拖車加寄存費。誰知厄運沒有就此結束，把車從雪堆裡開出來的時候，由於心情急躁，油門踩得過猛，一陣惡臭傳來，車身開始劇烈抖動，CHECK-IN的指示燈也閃個不停，勉強的開到了修車鋪，又花費了700美元才將車修好。李杰回憶起這段故事，說真是讓自己哭笑不得。

選車建議

綜合與兩位被訪者的訪談內容，筆者總結出如下幾點選車建議，僅供參考：

買車之前最好要到車輛的VIN號碼，然後到CARFAX查看車輛行駛檢修記錄，以做到知己知彼，給之後的還價做足準備，而且應在雙方都在場的情況下給車輛進行全檢。

看車是最好在白天，儘量避免在晚上試車，以確保能清晰的看到車體的損傷情況。預約試車時，最好在自己選定的地點，避免去賣方提議的制定地點，並邀上豐富駕駛和機械常識的朋友一同前往。

買車之前，本人先要對車型的基本常識、性能

有所了解。從行駛里程看，如果是日系車，行駛里程在3萬-6萬公里之間最為理想，6萬-12萬公里的行駛里程對車輛損耗已經相對比較大；而換做美系汽車，里程標準應再降低20%。另外還應注意車輛日常使用地點，是否經常在磨損較大的路面行駛，當地氣候條件對車輛有何影響。

簽合約

簽合約的時候，眼睛一定要仔細的看清條文，不懂就問，聽不懂再問，否則再你大砍人家價格時，他又在後面的手續費啊，還有其他的保固條款動手腳，讓你簽下一堆要錢的卻無用的東西。反正就是要非常小心各種細節。

還有買二手車，談定價格前，要跟車商要那輛車的CARFAX，這是紀錄這台車從出廠以來的行車紀錄，包括有無意外發生，保養了哪些東西或換了哪些零件，避免買到事故車！總之，這些東西，很重要！

通過李杰的故事，剛買車的讀者需要注意當地的交通法規及媒體的提醒，如果遇到問題一定要向有關機構詢問，避免因時間的耽擱給自己造成不必要的損失。根據當地的氣候，調整自己的駕駛方法，安全出行。

HIRING
U.S. District Court,
Massachusetts has a need
for a full-time Deputy Assistant
Operations Manager.

For more info go to www.mad.uscourts.gov/Employment_Current_Openings.

EOE

買車

劉國鈞和妻子四年前來到Tufts大學，兩年前從即將畢業回國的同學買了兩

移民資訊

H1B 特殊職業人士統計資料

美國公民及移民服務局近期整理2009年（財政年）H1B特殊職業人士特徵報告，其中，包括2009年（財政年：從2008年10月1日至2009年9月30日）全面的，和H1B項目相關的統計數據。根據1998年美國競爭力和勞動力改進法（公共法105-277），美國公民及移民服務局必須每年都整理公佈這份報告。

關於美國公民及移民服務局報告中H1B數據的要點概要

美國移民及公民服務局報告顯示，2009年（財政年），H1B簽證申請者比2008年（財政年）下降了15%。根據美國移民及公民服務局規定，2009年財政年是從2008年10月1日到2009年9月30日，這也是美國經濟最惡劣的時期。

美國移民及公民服務局審核通過H1B簽證下降了大約20%。大約一半的H1B簽證是給了印度，41%的比例是從事電腦專業的人員。H1B簽證的平均工資是每年64000美金，相比2008年財政年上升了4000美金。

H1B受益者的年齡和受教育水平

正如上面所說，H1B的申請數量從2008年（財政年）288,764下降到2009年（財政年）的246,647。H1B通過率的數量也下

降了22%，從276,252到214,271。其中，2/3的H1B簽證給了那些年齡在25歲到34歲之間的工作人員。41%的工作人員是有本科學歷的；40%的工作人員是碩士學歷；13%是博士學位；6%是那些持有相關職業學歷的工作人員。

更高比例的H1B延期申請通過率

美國公民及移民服務局透露已經收到140,872 H1B延期的申請，報告將繼續被雇傭和雇用超過1個H1B持有者的，歸類為H1B延期的申請者。2009年（財政年）收到了105,775份H1B新就業的申請資料。

根據美國公民及移民服務局在這份報告中的統計數據顯示，雇主申請延期更容易成功，因為他們的通過率是90.8%。2009年（財政年），新工作的H1B的申請者通過率只有81.5%。由於這個是包裹大學和其他大型的雇主，我們認為這個數據是被擴大的，正如大多數諮詢公司報導新的和延期的H1B申請資料有問題和被拒絕一樣。

所有H1B申請通過的16%是給了那些美國境外的

對於那些在美國境外工作的被雇傭者新的申請或者第一次申請就業的，通過率出現了大幅的下降。在2008年（財政年），對於美國境外工作者，通過了55,893份申請，大約占H1B總通過人數的20%。2009年（財政年），這個數字下降到33,283，大

約占H1B共通過人數的16%。這下這意味著美國境外工作人員新申請或者第一次申請H1B簽證通過率下降了40%。

全國H1B通絡率情況-印度排名第一

在所有H1B通過數量的前20名國家中，只有意大利收到的H1B通絡率在2009年（財政年）是1186，高於2008年（財政年）的1135。這些國家，根據2009年（財政年）通過率的排名，分別按照出生地，是印度，中國，加拿大，菲律賓，南韓，英國，日本，墨西哥，台灣，巴基斯坦，法國，土耳其，德國，哥倫比亞，巴西，委內瑞拉，俄國，尼泊爾，意大利和阿根廷。印度人占了所有H1B通過人數的48%，第二是中國，大約占了所有的10%。

按照職業排名的H1B通過率

按照職業分類，根據各個職業在所有H1B通過人數中所占的比率（從最高到最低）是計算機行業，建築業/工程/調研，教育，特殊行政行業，醫藥和健康，管理者，生命科學，數學和物理科學，技術型和相關經理人，社會科學，藝術，法律和法理學，寫作，娛樂，時尚模特，博物館/圖書館/檔案管理學，還有宗教和神學。

金融新聞

華美銀行最新服務資訊

華美銀行所有自動提款機將接受「中國銀聯卡」

為提供大中華地區民眾在美國享有提領美金的便利，即日起華美銀行所有自動提款機將接受「中國銀聯卡」（“China UnionPay” Card），所有持中國銀聯卡的民眾將可至華美銀行以及沙漠社區銀行的所有自動提款機提領美金，免手續費。

華美銀行在全美有130台的自動提款機，中國銀聯卡的客戶可由華美銀行自動提款機提領在中國的銀行帳戶內存款，享有隨時提領美金的便利，安全快捷，無手續費，並且免除出門攜帶巨額現金或兌換美金的不便。

華美銀行資深副總裁行銷部主任王國蘭表示，華美銀行持續尋求多元化的金融服務

提供美國華人社區。我們了解越來越多來自大中華地區的人到美國進行商務或觀光

旅行，需要現金或外匯兌換，而這大部分的人

都持有銀聯卡，現在他們將可經由華美銀行的所有自動提款機領取美金，大幅提升在美國旅行的便利性，這亦是華美銀行作為中西金融橋樑服務的目地之一。

「中國銀聯卡」是經中國銀聯發配和管理，按照中國銀聯制定的銀聯卡業務規則和技術標準而發行，卡面印有「銀聯」標識的銀行卡。

華美銀行再次推出「人民幣投資定存」優惠計畫 保本增值降低投資風險

華美銀行在今年年初推出「人民幣投資定存」優惠計畫，獲得客戶和社區的熱烈反應。現再次推出「人民幣投資定存」計畫，以人民幣對美元匯率升值的平均值表現計算收益，另有百分之百存款到期本金保證，存款期五年，\$5,000即可開戶，此項計畫至八月二日截止。

現在投資人民幣，個人或公司都可開戶，「人民幣投資定存」計畫，利息收益為每季平均人民幣升值的百分之百，共20

移民資訊

2010年8月移民排期表

親屬 移民 排期	全世界 (包括 港澳 台)	中國 大陸	多米 尼加	印度	墨西哥
第一 優先	05年 08月 01日	05年 08月 01日	05年 08月 01日	05年 11月 15日	92年
第二 優先 2A	09年 03月 01日	09年 03月 01日	09年 03月 01日	09年 03月 01日	09年 01月
第二 優先 2B	04年 01月 01日	04年 01月 01日	04年 01月 01日	04年 06月 15日	92年
第三 優先	02年 01月 01日	02年 01月 01日	02年 01月 01日	02年 03月 01日	92年 01月
第四 優先	01年 06月 01日	01年 06月 01日	01年 06月 01日	01年 06月 01日	94年 01月 01日

親屬移民排期表

- 第一優先：美國公民的成年未婚子女
- 第二優先：2A永久居民的配偶及未成年子女
- 第二優先：2B永久居民成年子女
- 第三優先：公民的已婚子女
- 第四優先：公民的兄弟姐妹

職業 移民 排期	全世界 (包括港 澳台)	中國 大陸	多米 尼加	印度	墨西哥
第一 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
第二 優先	現在 有名額	06年 03月 01日	現在 有名額	06年 03月 01日	現在 有名額
第三 優先	04年 06月 01日	03年 09月 22日	04年 06月 01日	02年 01月 01日	無名額
非技術 勞工	02年 05月 15日	02年 05月 15日	02年 05月 15日	02年 01月 01日	無名額
第四 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
宗教 工作者	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
第五 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額

職業移民排期表

- 第一優先：傑出人才、研究人員教授
- 第二優先：2A永久居民的配偶及未成年子女跨國公司主管
- 第二優先：高等學位專業人才
- 第三優先：技術勞工及專業人士
- 非技術勞工
- 第四優先：宗教工作者
- 第五優先：投資移民

健康資訊

脊椎相關性疾病

人體解剖學將人體分為九大系統：運動、消化、泌尿、循環、內分泌、感覺及神經系統，再加免疫系統、生殖系統、代謝系統、淋巴系統共十二大系統，臨牕上發現這十二大系統的部分疾病的導因，都同脊椎問題有關。而這些脊椎問題常常是某些急慢性疾病中暗藏的而總是被忽略的原因，無論西醫還是中醫無不如此。

先看肩頸部的常見病。

頸肩背酸痛是頸椎病最常見的表現

頸肩酸痛是現代人的文明病，發生率高達70%。近十年來辦公室使用電腦愈見增多。

長時間坐在辦公室工作，肩頸肌肉緊張僵硬的病例亦逐年增加。典型的肩頸痛在臨牕上的病症多表現為單側或兩側肩頸僵硬及疼痛，而不良姿勢往往是引起肩頸痛的最常見原因。

很多人都經歷過肩頸疼痛，輕者感覺短暫的頸膊緊張或輕微痛楚，休息下來就似乎沒事了；甚者則會長期感到肩周、頸膊疼痛，肌肉痙攣；更甚者也許會引起頭痛、頸痛、背痛、肩痛、放射性痛、腰背痛等病徵，影響工作及睡眠。

臨牕醫生將患有上述症狀者歸屬於“頸型頸椎病”範圍。

頸型頸椎病的診斷依據有：1、症狀頸項強直，疼痛，也可有整個肩疼痛發板，不能作點頭、仰頭及轉頭活動，呈斜頸姿勢（俗稱歪脖子）。

病人不能和頸部單獨活動，需要活動時，頸和軀幹必須共同旋轉。少數病人可出現反射性肩臂手疼痛、脹麻、咳嗽或打噴嚏時症狀不加劇。多數病人疼痛、麻木不超過肩部。但是如果合併前斜角肌痙攣，則可出現上肢放射性疼痛與麻木，咳嗽、打噴嚏時症狀加劇，但不像根痛型那麼劇烈。常伴有交感神經、椎動脈受累症狀，如伴有頭痛、頭暈等，尤以頭痛多見。頭痛部位可為枕頂、耳後或為偏頭痛。

2.、檢查發現頸椎旁肌、胸1~胸7椎旁或斜方肌、胸鎖乳突肌有壓痛，岡上肌、岡下肌也可有壓痛。

3. 如有繼發性前斜角肌痙攣，壓痛範圍則擴展，可在胸鎖乳突肌內側，相當於頸3~頸6橫突水準，捫到痙攣的肌肉，稍用力壓迫，即可出現肩、臂、手放射性疼痛，絕大多數沿尺側放射，也可沿橈側放射。阿迪森征、壓頂試驗、神經根牽張試驗，可為陽性。

4. 影像檢查以小關節增生、移位較多見，椎體緣骨質、椎間隙狹窄者少

見。但X線檢查屬正常者也非少見，尤其在早期，可僅有生理曲度改變或輕度椎間隙狹窄，少有骨質形成。

頸肩酸痛的症狀除頸型頸椎病外，肩背肌筋膜炎、提肩胛肌損傷、斜方肌損傷、菱形肌損傷；其他類型的頸椎病、頸椎間盤突出症、頸椎椎體結核、頸椎椎管內的腫瘤、肺部腫瘤等也可出現頸肩痛，X線是最基礎的鑑別方法，進一步的檢查可做磁共振進行鑑別。

另外，人們意想不到的是，以下病症也同頸椎病有關：

- 視力減退
- 單側或雙側眼睛疼痛或有壓力感
- 單側或雙側面部麻木
- 聽力減退，耳聾，耳鳴
- 高血壓
- 頸椎骨刺，牙痛
- 咬合關節痛 (TMJ)
- 手臂或手指麻痹或疼痛
- 肩膀疼痛
- 手顫 - 帕金森氏症 (Parkinson's Disease)
- 老人癡呆症 (Alzheimer's Disease)

(第五版續)

健康專欄

根據美國疾病控制與預防中心（CDC），美國的孩子們有更少的運動。

最近的一項全國健康和營養調查（NHANES）發現，過去30年裏2至5歲兒童中，肥胖兒增加了一倍，6-11歲的，增加到三倍。

肥胖對健康會產生不利影響。肥胖的孩子有較高的可能患心血管病，高血壓

病，高膽固醇和2型糖尿病的風險。

這就是為什麼說鼓勵兒童參與體育活動是多麼的重要。然而，當孩子們參加某項運動時，他們非常需要有一雙與之相適應的鞋子。

美國足病醫學協會（APMA）主席凱瑟琳斯通博士（Dr. Kathleen Stone）說，“選擇一雙適合孩

子運動和腳型的鞋很重要，它可以防止許多傷害。”

以下是一些建議，可以供你在為孩子購買運動鞋時參考：

- 如果您的孩子喜歡籃球，給孩子買一雙既能幫助他們完善籃球技巧，又能防止受傷的運動鞋。

孩子的籃球鞋應當：

- 有一個厚而硬的底，

支持孩子的跑動和跳躍。

- 高幫的結構以保護迅速運動中的腳踝。一雙好的籃球鞋應當對兩側的踝關節都有強有力的保護和支持。

- 如果您的孩子是網球場上的高手。

運動鞋應當：

- 支持腳的快速橫向運動和體重的快速轉移活動。

- 有一個適於靈活和快

速運動的鞋底。

- 如果您的孩子喜歡跑步，選擇鞋應當：

- 能盡量吸收震動，避免對脛骨的傷害和膝關節疼痛等疾病。

- 控制好腳跟落地的方式，使腳的其他部分都能正確著地。

無論什麼運動，都要穿好襪子。正確的運動襪應該由天然/合成纖維混紡制成，有助於吸收水分，它不應該有任何可能導致水泡的大接縫。（陳公權譯）

文章由塔夫茨醫學中心贊助

Tufts Medical Center

青年專欄

撰寫 Angela Cheung

本文介紹夏季流行風。如果你喜歡捕捉風尚，本文正適合你閱讀，相信你定會有所收穫。如果英雄所見不同，這也無關緊要，我們可以求同存異。

流行風內容包括指甲油、服飾、香水、香液及髮型。風尚與季節有關。冬季雍容典雅的裘皮大衣夏季要修兵免戰；而冬季裡顯得單薄可憐的衫衣短褲夏季裡可盡顯妖嬈。

指甲油的流行色包括像

嫩綠、淺藍、淡粉，及霓虹般斑斕豔麗的顏色。如果你留意一下youtube裡各路美女的妝顏，就不難發現此理：夏季是各種明快顏色的大薈萃。法式美甲適合任何季節；粉色指蓋加乳白甲頂定會為你的工作面試增添彩。

指甲油的選購十分容易，近到像CVS，或是像Mac Cosmetics, Sephora, 及 Sally's這樣的專業美容用品店都有豐富的品牌和顏色供精挑細選，其中 Sally's是我的最愛——它

品種最多，價位經濟。Mac Cosmetics和Sephora的指甲油大約9-15元一瓶，而 Sally's的指甲油大約是4-5元一瓶。Sephora的指甲油對我而言容易產生破壞效果的條紋，但這因人而異，如果Sephora的指甲油在你的指甲上光潤流利，那你就盡情享用它。

鞋飾也是流行風裡的重要元素，平底、高跟、或是各式涼鞋都可選擇與相應衣裙搭配。運動鞋在夏季裡「以動攻熱」時必不可少。另外，短褲配白色或棕色的腰

帶可將你的可愛與性感發展到極致。

服飾配備齊全後，女孩們不要忘記香體液，它使我們的身體散發陣陣清香，彷彿輕聲言語，令人陶醉。Victoria Secret有各式果香、花香與夏季合唱。我的選擇是2010版 Channel

Chance Eau Tendre，少量噴灑便可使香味持續一整天。

夏季裡最好的髮型是大波浪或簡單的馬尾。「大波浪」熱情奔放，海灘上最為搶眼；「馬尾」簡單樸素，抵擋高溫酷熱簡單有效。辦公室一族可在馬尾上裝飾髮

卡，靚麗經典。希望我的豆腐文抛磚引玉，幫助你彰顯女性柔美。要記住夏季是明快顏色大薈萃，你可以按我文中的指點加以裝飾，定會令你魅力四射、光彩奪目。（許可可譯）

波市新聞

尹常賢將在華盛頓重新開始

前波士頓市長韓裔候選人尹常賢（Sam Yoon）將前往華盛頓特區，執掌社區經濟發展全國聯盟。該組織倡議經濟適用房開發和社區經濟發展。尹出生於韓國，在他很小的時候全家移民到美國，他今年40歲，2009年競選市長，名列第三。

八月份，尹將到瀑布教堂，一個位於佛吉尼亞州費爾法克斯鎮的教堂，距離他妻子的父母家非常近。他目前的公寓已經掛上出售的牌子。

尹表示，在選舉失敗後，他經歷非常多的困難，試圖在波士頓找一份工作，都沒有成功，因為很多雇主都認為他是個威脅，這是他願意接受在華盛頓的非盈利組織工作的一個原因。

尹說：「失業是讓人頭疼的一件事情。」

「我得到信號了，複雜的信號」，並在提到他在波士頓找工作的時候說到。考慮到我在波士頓試圖找到一個領導者的位置，

有些信號就出現了…我已經提出來的改革方案讓一些雇主不願意給我一個機會。我知道我去和一個已經任期16年的市場競爭是存在很大風險的，但是我沒有想到這個影響重要的機構的程度會如此之大。」他拒絕談他申請了那些職位，哪些公司由於擔心他可能是潛在的威脅而決絕雇用他。

作為一個民主黨人士，尹接受了新的工作，回歸到了他原本的東西。從哈佛大學畢業後，他就在波士頓擔任社區組織者。

一些分析家認為尹也許能夠在波士頓有政治生涯如果他過去再有些耐心。薩繆爾泰勒，波士頓市政研究局局長，說尹是那個倉促時刻表的受害者。對於尹的失利，他表示遺憾：「如果能將他的理念用在波士頓的管理上，那將是件非常好的事情。但是看起來，這是不可能發生了。」

在尹任期的時候，他總是破曉時分就去工作，尹承認現在有時候，他依然會穿著睡衣到清晨。他將大部份時間都用來陪他的兩個孩子，一個8歲的兒子，一個5歲的女兒。他經常帶他們到社區游泳池。他曾經努力避開他的妻子蒂娜，蒂娜現在是在家辦公，為當地的非盈利組織做諮詢工作。

尹將他在政治生涯的日子比喻為在每小時60英里的跑步機上。自從11月份以來，他一直在當地的政界保持低調。

他在電視上提出他對消防員的合同的建議；在華埠舉辦為總督德瓦爾派翠克市政廳式的事件；組織亞洲政治領導基金，幫助更多的亞裔美國人成就政治生涯。

他說：「我已經有時間來檢驗我的價值了。在沒有跑步機上的日子裏，當你有時間停下來，聆聽，你能夠發現重要的東西，不是那些轉瞬即逝的東西。我已經有足夠的時間來思考，但是，依然很難慢下腳步，放下手中的劍。」

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\$200,000.00 和解
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上述案件的賠償數目是基於他們的案情，如果您有案件，請電：617-482-1553 查詢。

本律師樓提供諮詢，處理您的受傷，我們服務為誠實且理據中立的專家，我們可向您提供諮詢，受傷件成功了收。

我們也處理

本律師樓經營離婚的律師有22年之

辦理破產保護

我們是中國債務人律師，我們是中國的破產代理人。

司徒賢律師在全美十大法律事務所之一，我們是中國債務人律師，我們是中國的破產代理人。

BOSTON GLOBE (SAN FRANCISCO CHRONICLE)

活動簡訊

•兒童營養講座

昆士醫療中心(Quincy Medical Center)將於七月二十二日上午十時至下午十一時三十分在湯姆斯鶴圖書館(Thomas Crane Public Library, 40 Washington St., Quincy)舉辦健康講座，由昆士醫療中心Barbara Brooks講解「長者照顧孫兒應該如何著重小孩的營養問題以促進健康」，該講座由昆士醫療中心翻譯員進行中文翻譯，並於講座後提供免費量血壓及血糖測試，測試後的報告可供家庭醫生作參考。歡迎各界人士免費參與。如欲參加講座，請致電梅太：617-472-2200。

•免費健康服務

昆士醫療中心將提供量血壓及驗血糖的免費健康服務，測試後的報告可供家庭醫生作參考。舉辦的日期為七月十七日(週六)，時間是上午十一時三十分至下午二時，地點在昆士市金門超市(Kam Man Plaza)入口處(219 Quincy Avenue, Quincy)。歡迎社區人士齊來參與。如欲查詢詳情，請致電昆士醫療中心亞裔服務部：617-376-5493。本活動由昆士醫療中心亞裔服務基金贊助。

•台大校友會野餐

大波士頓地區台大校友會將於7月31日(周六)上午11時30分至下午3時，在麻州安多福鎮(Andover)的Recreation Park(165 Abbot St., Andover, MA 01810)舉行「2010野餐聚會」。野餐會由校友會提供中式餐點，外加水果及冷飲。校友會員、家屬及親朋好友每人10元，10歲以下免費。報名或查詢可聯絡校友會會長陳盈靜(978) 470-1967、電郵pontuchi@gmail.com；會籍許翠玲(781) 898-3283、hsutlc@yahoo.com；秘書夏治平(781) 453-0086、jeremyshia@gmail.com；財務曾宓(781) 915-8112、mtsung@yahoo.com。

•中國舞表演培訓班

中國舞表演培訓班於7月10日至12月底每週六下午12:30-2點，鄉土舞蹈團在中華公所禮堂舉行，免費教學。新編三個不同風格特點的舞蹈(兩個單人舞，一個雙人舞)，初步達到對中國鄉土舞蹈藝術和對中國舞美的理解，以及提高表演中國舞的能力，歡迎有較好舞蹈基礎的學生報名。經面試後錄取，由王世旺老師指導，執教徐念慈老師。聯絡人黃納斯(Nasi Huang)，電話：617-529-3773，Email：nasi@bu.edu。

•中華書法會會員大會

中華書法會會員大會7月25日(週日)中午12點在紐英倫藝術學會會址(11 Edinboro St., Boston)，召開全體會員大會，並有午餐招待，歡迎參加。

•麻州青少年委會申請即將截止

麻州州長辦公室為所舉辦的州長的全州青年委員會(Statwide Youth Council)，即日起至七月三十日止，接受新年度申請。凡是年齡在十四至廿歲之間的青少年都可申請。

麻州州長派區克為鼓勵青年關心地方，參與社區事務，2008年通過行政命令，成立了州長的全州青年會，呼籲青年們站在領導者的角度，一起計劃、想辦法，來解決青少年暴力、教育改革等全州面對的最大挑戰。

首屆州長的全州青年委員會在青少年議題上，曾給麻州州長提出出色的政策建議。這一協會。

查詢可上網，www.mass.gov/governor/youthcouncil，或洽州長辦公室社區事務組(Governor's Office of Community Affairs)的Anny Jean-Jacques 617-725-4020。

•前台駐日代表演講

前台駐日代表許世楷博士將於7月24日(週六)下午1:30-4:30在哈佛Maxwell Dworkin樓的G115教室(34 Oxford St, Cambridge)演講。活動由台灣同鄉會舉辦、為許世楷博士2010台灣公論報全美巡迴演講的其中一站。演講主題為「台灣的未來、兩年三腳步」。以台語演講，歡迎參加。聯絡Chien-Yuan Kao(781-274-6099, kkao100@hotmail.com)。

•太極拳班慶30週年

太極拳班將於7月25(日)上午9-11點，在康克鎮Emerson Field複習太極拳，慶祝潘氏兄弟在波士頓區教授太極拳30週年。歡迎在過去30年間，曾隨潘氏兄弟習拳者參加，會後聚餐。查詢詳情可洽方自荃(978) 369-8797。

•哈佛同學會查理斯河划船

哈佛同學會將於7月31日(週六)下午3點舉辦查理斯河划船活動。哈佛同學會(HTRCSC)將先在Harvard廣場地鐵站外集合，再一起走到租船的地點。預定划船時間為兩小時，約在3:30-5:30pm結束後一起離開。費用請見http://www.paddleboston.com/boston/rates.php。報名網址(截止日期7/28)：http://www.surveymonkey.com/s/

華埠新聞

華社聯會：亞裔青少年聯盟成立獲資助

【本報記者黃奇浩報導】相信你從來沒聽說過A-WAY這個組織，但從現在開始，你可以記住，A-WAY是美國亞裔青少年聯盟，英文是Allies Working with Asian-American Youth的字首簡稱。這個組織的代表謝思忠(Shawn Ta, 越裔)和茹蒨瑩(Victoria Yue)於7月8日在華埠社區聯盟(TCC)每月例會上透露了這個組織的成立，並介紹該組織的成立宗旨和服務對象。A-WAY結合了華埠多個社區機構的青少年組織而成，包括：亞美社區發展協會、華人前進會、華埠社區中心、華美福利會等下屬的青少年組織成員。成立宗旨是協助青少年更融洽地融入當地社會，為他們尋找並打

造更完美的成長環境，使他們能在將來順利地成為國家社會的有用人才。

關於活動經費方面，本身也是亞美社區發展協會青少年節目協調員的謝思忠表示，A-WAY已經獲得了「大波士頓非裔牧師聯盟」(Black Ministerial Alliance of Greater Boston)「波士頓儲存罐」(Boston Capacity Tank)計劃下2萬5千元的支助，這筆經費將用於社區青少年的發展。

本次會議另一亮點是邀請麻州衆議員麥家威(Aaron Michiewitz)前來暢談市政問題。話題包括垃圾處理問題、雙語選票、醫療保險以及賭場法案等。麥議員都對答如流，據知，

P7TKTLD，如遇下雨，活動將取消或延期

•昆市亞美聯誼會酒會

7月1日成立的昆市亞美聯誼會於8月8日(週日)於昆市龍鳳大酒店舉行成立酒會。

該會表示，以餐酒會形式舉行，目的是希望參加人士更有流動性，便於認識新朋友，也更符合聯誼會的兩項工作「聯誼」與「服務」中的「聯誼」一項。

酒會餐券(簡餐)15元，會中將安排藝術家或會員演出精彩歌舞、雜技等節目娛賓。該會所有參與服務者，都是義工。

目前聯誼會辦公時間為每周一、三、五的下午1時30分至4時30分；每周二、四的上午9時30分至12時30分。周六定為「聯誼會開放日」，全天開放，時間從上午9時30分至下午4時30分。亞美聯誼會地址為昆市興國街(Hancock Street)1073號，電話(617) 769-0800，該會網址：www.AAAQuincy.org，可下載入會表格。聯誼會創刊號「亞美報」已出版，第二期將於7月底出刊，民眾可到該會網站閱讀、至會所索取、或至優惠贊商處取閱。若欲購

•太極拳班慶30週年

太極拳班將於7月25(日)上午9-11點，在康克鎮Emerson Field複習太極拳，慶祝潘氏兄弟在波士頓區教授太極拳30週年。

歡迎在過去30年間，曾隨

潘氏兄弟習拳者參加，會後聚餐。查詢詳情可洽方自荃(978) 369-8797。

垃圾處理問題已經在今年首季通過了綠色罰單法案(Green Ticket Bill)、醫療保險也於次季通過，雙語選票法案則將在7月底前表決，相信能獲得通過，至於賭場法案，由於涉及倫理層面，爭議較大，目前還在討論之中，麥議員個人認為賭博問題無從禁止，他贊成設立賭場以增加稅收，平衡目前麻州嚴重短缺的財政收支。

會後，主持曾雪清(Sherry Dong)宣佈華埠社區聯盟下次會議將在9月9日上午9時30分在波士頓華埠鄰里中心(BCNC)召開。

(接反面第一版 - 軍人節)

買成立酒會入場券，可與該會聯繫。

•中國象棋比賽

波士頓中國象棋聯誼會將於7月17、18、24、25日舉辦「第四屆中國象棋比賽」。主辦單位表示，為方便上班族愛好者參加，一連四天象棋比賽日期均定於周末舉行。

報名費15元，包括四天賽期的午餐。比賽地點在紐英崙中華公所(90 Tyler Street, Boston, MA 02111)。報名可電游風標(781) 321-7749、梅鐵銘(617) 773-9882。

•骨質疏鬆症講座

華樂者年中心將於7月28日(週五)上午10時30分，在該中心(550 Hancock Street, Quincy)舉行「骨質疏鬆症」免費健康講座，歡迎社區民眾參加。亞美社會服務中心查詢電話為(617) 471-9354，或www.AASA-MA.org。

會上也同時放映了兩部影片：「衛國軍魂」和「日本投降紀實」。「衛國軍魂」還原了歷史真相，講出了今天已被絕大多數人遺忘的抗日戰爭史，讓我們知道了六十多年前先後22次的抗日大會戰的真正主力軍是國民黨軍隊，他們付出了重大的犧牲和取得了赫赫戰果，使我們在向這些衛國的軍魂致敬之餘也重燃當年的抗戰豪情。而「日本投降紀實」則讓我們再次見證日本當年投降的一幕。1945年9月2日，麥克阿瑟將軍於停泊在東京灣的美國戰艦「密蘇里」號上主持受降儀式，日本代表向聯合國簽字投降，徹底終結了法西斯主義對中國的侵略。

據知，當年9月2日軍簽署投降書之後，中國大陸舉國歡騰，當時的政府便規定次日9月3日為軍人節，此規定至今仍為臺灣官方沿用，這便是九三軍人節的由來。

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區、教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

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華埠新聞

胡振勝：海關申報及出
入境須知

【本報記者黃奇浩報導】珠寶佩戴在身上出入境時可以免稅？別人饋贈的物品不用報稅？假名牌貨被查出最多是被沒收？名牌相機自用的就可以免稅？以上這些看法，都是一般人常犯的常識錯誤，引起的後果時常是更嚴重的損失，有時還可能帶來牢獄之災。

在暑假來臨，大家都計劃要去旅遊之際，波士頓至孝篤親公所於7月10日（星期六）特地邀請了美國海關及邊境保護局(CBP)公共事務主任胡振勝前來講解海關申報及出入境須知事項，為大家的出行護航保駕。具體而言，出入應注意的事項如下：

任何貴重物品不論佩帶與否，都須申報；

貴重禮品、饋贈品、遺物都須報稅；

稅金是購買價的3%，若不申報，被查出時，稅金按美國國內物價估價，還可能另加罰金；

貴重名錶（如勞力士牌）若沒申報，將被沒收，另加相當於國內買價的罰金10倍；

珠寶若沒申報，又沒收據，將被沒收，可能另加罰金；

假名牌貨不管申報與



胡振勝（右）在至孝篤親公所講解出入境須知，左為臨時兼任粵語翻譯的公所主席陳文浩。（黃奇浩攝）

否，都會被沒收，另加罰金；

每人可豁免的稅額是800元，可全家合計；

皮草類如帶狗毛、貓毛的物品不得入境；

食品不論生熟都不得入境，冷凍魚及餅乾除外；

任何生菓（水果）都不得帶入境，違者沒收另加罰350元；

古巴雪茄不得帶入境，違者沒收，可能另加罰金；

名牌貴重相機出境前要向海關登記，或攜帶購買收據，否則入境時將被課稅；

出入境時，個人或全家若攜帶超過1萬現金，須自動申報，全部款項免稅，若不申報，可能延誤登機

或不准登機；

在入境通關方面，他也介紹了海關局新發明的護照卡（U.S. Passport Card）供有意從水陸前往加拿大或墨西哥的遊客快速通關。對於那些經常出國的人士，他推薦「全球通關程序」（Global Entry Program），入境者只需將護照或綠卡插入機器，就可自行通關，便捷無比。

除了通關與報稅，胡振勝也根據他對公共事務人事招聘系統的認識，講授了申請工作的一些要求與技巧，特別是如何「誘使」電腦系統從千萬個申請者的履歷中挑中自己，更是必須掌握的特技。而對於申請者的個人素質，他認為公職要求最重要的幾個品質必須具備，否則不會成功。這幾個品質是：能書寫細緻的報告、能進行良好的語言溝通、準時不遲到、有培訓能力、正直可靠等。他還透露，目前波士頓地區的公職機構正在招聘的空缺職位有253個，從服裝設計師到牙醫助理，各行各色，有興趣的朋友可以上網應徵。

本次會議引人注意的一個事件是，華埠居民朱平臻與其妻黃芸生對自身無辜遭遇的投訴。事緣他們在哈佛街某號的房子外牆於5月間多次被人噴漆塗鴉，因沒及時處理而陸續被環境衛生部門處罰。據朱黃芸生透露，他們前後只收到2張罰單，但卻被告知已是第6次被罰，因此深感不解，致電向有關部門查詢時卻遭遇工作人員

治安例會：外牆被塗鴉，兩周內須聯絡市府免費清除，逾期受重罰

【本報記者黃奇浩報導】華埠治安委員會於7月7日召開每月會議，區域警官歐羅可（Capt. O'Rourke）在會上報告了6月份的犯罪統計數字：當街搶劫案3起，攻擊案3起，盜竊案28起，偷車案2起。整體上說，華埠的犯罪案件比去年相同月份增長了7起，比今年5月份增長了10起，其中盜竊案比去年同月份增加了9起，比5月份也增加了9起；偷車案比去年同月份增加了2起，比5月份增加了1起；令人稍微寬心的是入室盜竊案和性侵犯案本月沒有發生，而去年卻分別發生了4起和1起，相信這是由於華埠居民高度警戒和社區巡邏隊伍和警方的努力所致。

據知，目前正在執行的塗鴉懲罰法案是在2005年通過的，目的是確保業主能主動保證城市外觀的整潔。法案規定房子外牆若遭塗鴉，屋主必須在兩個月（60天）內清除乾淨，否則將被罰，罰金首次100美元，之後是每次200美元，可積累罰金不封頂。屋主若發現房子外牆被人塗鴉，千萬不可置之不理，應當在兩周（14天）內聯絡市府清除塗鴉管理大隊（Property Management Graffiti Busters）免費代為清理。電話是617-635-4500。



1. 房子外牆遭塗鴉，向治安會求助的華埠居民朱黃芸生女士。（黃奇浩攝）

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每加入以下一項銀行服務，可多贏得五次抽獎活動機會。⁴

- 自動付款
- 網上付款
- 電子月結單
- 付帳卡
- 網路銀行
- 信用卡

③ 開立帳戶

開立華美銀行支票帳戶，可多贏得一次抽獎活動機會。⁵

活動期間

2010年6月1日至
2010年7月31日

抽獎日期

2010年7月12日及
2010年8月13日



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68 Harrison Avenue, Boston, MA 02111 | 617.338.0290

Quincy 昆士
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1. 參加者須為年滿18歲之美國合法公民，無毒藥即可以參加抽獎。華美銀行有權取消、終止、修改或暫停抽獎活動。兩次抽獎日期分別為2010年7月12日與2010年8月13日。每次抽獎抽出一獎得主。華美銀行不作任何獎品擔保保證，也不負任何責任，及不承擔任何法律責任。2. 航空運輸不包括在內。3. 欲符合首次抽獎者之淨存款金額計算為2010年5月31日至2010年6月30日期間的存款產額。第一次抽獎的計算日期為2010年5月31日至2010年7月1日。4. 參與第一次抽獎者必須於2010年6月30日前完成加入所有銀行服務，並參與第一次抽獎者必須於2010年7月31日前完成加入所有銀行服務。5. 參與第一次抽獎者必須於2010年7月31日前完成加入所有銀行服務，並參與第一次抽獎者必須於2010年7月31日前完成加入所有銀行服務。